

Therapeutic Interventions for CSEC Survivors

Therapeutic Models

Therapeutic treatment models should provide the framework for a therapist to formulate a relationship with a client. This list contains the most frequently cited models that treat CSEC survivors. However, most practitioners and researchers highlight that the model of treatment is secondary to the actual relationship formed with the client. Regardless of the model chosen, the key factors are the therapist-client bond, the learning of coping skills, and an individualized plan to treat each client's different level of trauma. More information about evidence based mental health interventions for survivors of trafficking can be found at:

- **Evidence-Based Mental Health Treatment for Victims of Human Trafficking** (U.S. Department of Health and Human Services, 4/15/10) <https://aspe.hhs.gov/report/evidence-based-mental-health-treatment-victims-human-trafficking>
- **Mental Health Issues in Survivors of Sex Trafficking** (Cogent Medicine, 1/6/17) <http://dx.doi.org/10.1080/2331205X.2017.1278841>
- **Promising Practices: An Overview of Trauma-Informed Therapeutic Support for Survivors of Human Trafficking** (Polaris, November 2015) <https://polarisproject.org/sites/default/files/Sanar-Promising-Practices.pdf>

1. **Trauma-Focused Cognitive Behavioral Therapy**

TF-CBT treats children and adolescents by targeting the negative behavioral and emotional responses related to the client's trauma. The therapist provides the supportive environment needed to appropriately confront the beliefs and assumptions that clients often attach to their traumatic experiences. This treatment model generally lasts for 12-18 sessions of between 50-90 minutes. After treatment, the family system should be strong enough to support the client through other treatment options if needed. Adaptations have been formulated to address cultural and socioeconomic traits of clients and their families.

<https://www.childwelfare.gov/pubs/trauma/trauma.pdf>

2. **Somatic Experiencing**

Somatic experiencing is a relatively new therapy model that treats both poly-victimization and single-episode trauma. The treatment centers on regulating emotional responses to the physiological states of perceived trauma threats. The therapist works with the client to tolerate the "fight or flight" response, without requiring the client to disclose the trauma that the individual experienced.

<http://www.traumahealing.com/somatic-experiencing/>

3. **Eye Movement Desensitization and Reprocessing (EMDR)**

EDMR is an eight-phase treatment module that focuses on decreasing negative thoughts associated with a traumatic event(s). The client must be adequately equipped with coping skills and emotional regulation tools to be moved into the appropriate phase for treatment. The therapist mixes eye movement tracking and other tactile stimulation methods with cognitive re-framing of situations.

<http://www.emdr.com/index.php>

4. **Play Therapy**

Whether in the form of art therapy, music therapy, or sand therapy, play therapy often works with the client's level of understanding to formulate the appropriate framework for therapy. Because children often do not have the cognitive abilities to understand their trauma, this method of therapy allows them to fully process the experience in a way that they understand. Play therapy time differs and can be directive or non-directive. However, models have been formulated to include other family members when the client is ready, which can help CSEC victims reconnect with a healthy support system.

<http://www.a4pt.org/>

5. **Stress Inoculation Therapy**

Similar to Somatic Experiencing, this modality focuses on reducing the anxiety-related responses of the client. However, this three-phase therapy model focuses less on the biology and more on the acquisition and practice of coping skills. This process takes typically 8-15 sessions over a 3-12 month period of time, including follow-up and extra sessions. However, little research has been done on how well this therapy treats children and adolescents.

<https://www.div12.org/psychological-treatments/treatments/stress-inoculation-training-for-post-traumatic-stress-disorder/>

Best Practices when Working with CSEC Survivors

1. Ensure physical safety first
 2. Use a trauma-informed model that centers on the client to help address the trauma responses and the trauma bond with the trafficker.
 3. Understand trafficking basics: language, rules of "the life," possible situations that victims and survivors face
 4. Establish a consistent, strong relationship between the therapist and the client.
 5. Prepare the treatment team for a possible return to the trafficker. Have a prepared plan for letting the client know that he or she is still loved unconditionally.
 6. Practice emotional regulation and coping skills.
 7. Use alternative therapy methods: art therapy, music therapy, simple physical activity, yoga.
 8. Restore the client's dignity using empowerment messages in treatment.
 9. Incorporate Substance Use Disorder treatment.
 10. Bring in any parents or existing family members to train and to provide a form of support.
 11. Realize that the needs of trafficking survivors often cross multiple systems of care.
 12. Put the client in contact with other survivors, if possible, to build a support system
- ***MOST IMPORTANT: Take a non-judgmental approach with clients***

Mental Health Services

Ayuda

DC Office:

6925 B Willow Street, NW
Washington, DC 20012
Phone: (202) 387-4848

VA Office:

2755 Hartland Road, Suite 100
Falls Church, VA 22043
Phone: (703) 444-7009
Website: <http://ayuda.com>

Overview of Services:

- Services for Immigrants
- Programs for immigrant adult and youth survivors of human trafficking
- Case Management:
 - Assistance with emergency and transitional housing
 - Access to food and clothing
 - Mental/medical health referrals
- Domestic Violence/Sexual assault:
 - Provides crisis intervention: Legal and Social Services
 - Referrals for counseling

Community of Hope Marie Reed Health Center

2250 Champlain Street, NW
Washington, DC 20009
Telephone: (202) 232-9022
Website: <https://www.communityofhopedc.org/healthcare/marie-reed-health-center>

Overview of Services:

- Screening
- Short term counseling
- Pre and postnatal emotional support
- Access to medication
- Smoking cessation counseling

Courtney's House

P.O. Box 48626

Washington, D.C. 20002

24 Hour Hotline: 1 (888) 261-3665

Telephone: (202) 525-1426

Email: info@courtneyshouse.org

Website: www.courtneyshouse.org

Overview of Services:

- All services are free
- Serves male, female, and transgendered youth ages 11-21
- Group therapy and support groups:
 - Survivor support groups
 - Multimodal therapy – dependent on needs of the clients
- Referrals for individual therapy
- Education and life skills taught through therapeutic activities:
 - Yoga
 - Music
- Services for parents:
 - Parent case management
 - Parent support groups
- Mentor and Tutoring services
- Drop-in Residential Center:
 - Free food, clothing, transportation, etc.

D.C. Rape Crisis Center

1625 K St. NW, Suite 700

Washington, DC 20006

Telephone: (202) 232-0789

Hotline: (202) 333-RAPE

Website: www.dcrcc.org

Overview of Services:

- Provides services for adults ages 18 and over:
 - Somatic Experiencing Therapy (SE)
 - Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
 - Skilled therapists trained to work with complex trauma
 - Refers children to Safe Shores for mental health assessments
- Group Therapy:
 - Rape Survivors Group
 - Women of Color Survivors Group
 - Male Survivors Support Group
 - LGBTQ Survivors Group
 - Healing from Trauma Group
 - Clean and Sober Support Group
 - Movement Group (Yoga, dance, stretching, etc.)
 - Mindfulness Group

FAIRgirls

2100 M Street NW, Suite 170-254

Washington, DC 20037

Hotline: 1 (855) 900-3247

Telephone: (202) 422-0129

Email: info@fairgirls.org

Website: www.fairgirls.org

Overview of Services:

- Serves domestic and foreign-born trafficking victims ages 11-21
- Emergency Response for Trafficking Victims and Compassionate Care (Individual):
 - Immediate crisis intervention
 - Crisis counseling and initial overnight support to ensure girls feel safe and not alone
 - New clothes and basic toiletries to ensure the client's needs are met with compassion and dignity
 - Personalized long-term counseling
 - Referrals to safe and confidential emergency shelter
 - Referrals to pro-bono legal support to ensure all immigration, criminal, and family matters are addressed quickly and confidentially
 - Referrals to medical clinics to ensure the client's well-being and health needs are addressed quickly and confidentially
- Group Empowerment Workshops – JewelGirls:
 - Weekly empowerment and therapeutic art program
 - Create unique jewelry to sell while gaining access to therapy, life skills, financial management skills, and pathways to a better future
 - 50% of proceeds go directly to the girl
- Vida Center offers transitional housing

Helping Individual People Survive (HIPS)

906 H Street, NE

Washington, DC 20002

Telephone: (202) 232-8150

Hotline: 1 (800) 676-4477

Email: hips@hips.org

Website: <http://www.hips.org/>

Overview of Services:

- Drop-In Center that is a safe, nonjudgmental space for people to stop by, receive services, or rest. For an updated schedule, call or visit www.hips.org/drop-in-center-schedule.html.
- Compassionate harm reduction services
- Help with treatment adherence
- 24-hour hotline
- Care coordination
- Comprehensive risk and counseling services (CRCS)
- *HIPS is currently building its capacity to provide more mental health services. Please contact for updates.*

House of Ruth

700 6th Street, NW

Washington, DC 20001

Telephone: (202) 667-7001 ext. 515

Website: www.houseofruth.org

Overview of Services:

- All services are free
- Provides counseling for survivors of domestic and human trafficking
- Provides services for adults ages 18 and over
- Trauma-informed care tailored to needs of the client
- Case management services:
 - Housing
 - Employment
 - Education and Training
 - Child Care
 - Legal Issues
 - Budgeting
 - Safety Planning

Restoration Ministries

P.O. Box 15674

Washington, DC 20003

Restoration Ministries should be contacted by email

Email: info@restorationministriesdc.org

Website: <https://www.r199.org/>

Overview of Services:

- Dialectical Behavioral Therapy (DBT), which involves:
 - Four modules: mindfulness, interpersonal effectiveness, distress tolerance, and emotion regulation
 - A focus on psychosocial skills
 - Equipping survivors with methods to cope with sudden and intense emotions
 - Identifying and building upon personal strengths to combat negative self-talk
 - Countering negative beliefs and assumptions about oneself with a variety of skills.
- Restoration Ministries also provides:
 - TF-CBT
 - Grief and loss counseling
 - Art therapy
 - Spiritual support groups and counseling
 - Collaboration with community partners to provide housing, legal assistance, employment, and spiritual enrichment
 - Weekly programs at the Psychiatric Hospital of Washington and the Achievement Centers

Safe House of Hope

4710 Curtis Ave

Baltimore, MD 21226

Telephone: (443) 690-5585

Website: www.safehouseofhope.org

Overview of Services:

- Normally serves ages 18 and over, some exceptions can be made
- 24-hour talk line
- Trauma therapy and small group workshops
- Support groups and activities
- Free meals, clothing, hygiene products, coats, and household items
- Referrals for healthcare
- Support to attain housing
- GED and work training workshops
- Street Outreach

Safe Shores

429 O Street, NW

Washington, DC 20001

Telephone: (202) 645-3200

Website: <https://www.safeshores.org/>

Overview of Services:

- Trauma Focused Cognitive Behavioral Therapy (FT-SBT) at Safe Shores includes:
 - Motivational interviewing
 - Therapeutic approaches that are similar to those practiced with victims of domestic violence
 - Therapy tailored to the youth's experiences, including present victimization
- Eye Movement Desensitization and Reprocessing (EMDR), which involves:
 - Directing lateral eye movements (or other external stimuli) that adjust how the youth processes traumatic memories and negative emotions, beliefs, and bodily sensations
 - EMDR can be particularly empowering for many youth because it is their own body doing the work of changing old patterns of thought and their ability to digest traumatic experiences and negative emotions
- Safe Shores serves 75 youth at a time

The Gray Haven Project

P.O. Box 172

Richmond, VA 23218

Telephone: (804)592-6550

Email: info@thegrayhaven.org

Website: www.thegrayhaven.org

Overview of Services:

- Trauma-informed approach; responds to cases involving minors and all gender identities
- Drop-In Center:
 - Search and apply for jobs
 - Spend time in a safe space with other clients
 - Spend time with a mentor
- Case Management:
 - Comprehensive model to address all needs of the individual person
 - Help with finding food, clothing, medical care, substance abuse treatment, transportation, and housing
- Crisis Intervention:
 - Provides 24-hour response to law enforcement who encounter human trafficking victims in Henrico County
 - Crisis Response Team works with state, local, and federal law enforcement to address immediate needs of survivors
- Court Advocacy:
 - Does NOT provide legal assistance or advice
 - Can accompany, support, and encourage a client through their own trial or through one in which the client must testify against his or her trafficker

TurnAround, Inc.

8503 LaSalle Road, Second Floor

Towson, MD 21286

24-Hour Helpline: (443) 279-0379

Telephone: (410) 837-7000

Email: info@turnaroundinc.org

Website: www.turnaroundinc.org

Overview of Services:

- Victim Advocacy
- Community Education and Training
- Abuser Intervention Program
- Anti-Sex Trafficking Program
- Information and Referral
- Transitional Housing
- Legal Program
- On-Site Schools
- Self Defense Training
- Women Against Violence Everywhere (WAVE)

Youth Services, Whitman-Walker Health

Website: <https://www.whitman-walker.org/>

Eastern Market Medical Center

651 Pennsylvania Avenue, SE

Washington, DC 20003

Telephone: (202) 803-6848

Elizabeth Taylor Medical Center

1701 14th Street, NW

Washington, DC 20009

Telephone: (202) 803-6848

Max Robinson Center

2301 Martin Luther King, Jr. Avenue, SE

Washington, DC 20020

Telephone: (202) 803-6848

1525 14th Street, NW Center

Washington, DC 20005

Telephone: (202) 803-6848

Overview of Services (all clinics):

- Serves LGBTQ youth and young adults ages 13-30 who have experienced or witnessed a crime (no police report required)
- Supportive services to families affected by HIV, including HIV-positive pregnant women
- Support for youth living with HIV

Substance Abuse Treatment Services

Federal City Recovery

316 F Street, NE
Washington, DC 20001
Telephone: (202) 548-2505

601 Raleigh Place, SE
Washington, DC 20032
Telephone: (202) 735-5579
Website: [http://www.federalcityrecovery.org/FCRS/Welcome to FCRS.html](http://www.federalcityrecovery.org/FCRS/Welcome_to_FCRS.html)

Overview of Services:

- Provides inpatient and intensive outpatient services to children ages 12-21 Monday through Friday from 1pm-8pm
- Provides both inpatient and outpatient services to adults over age 21

Hillcrest Children's and Family Center

915 Rhode Island Ave NW
Washington, DC 20001
Telephone: (202) 232-6100
Website: <http://hillcrest-dc.org/>

Overview of Services:

- Serves ages 12-22
- Intensive Outpatient Program – Youth meet with counselors in group sessions Tuesday, Wednesday, Thursday from 4:30-6:30pm for a 60 day period and also receive case management that includes both home and school visits. Counselors also do individual therapy.
- Adolescent Community Reinforcement Approach – Youth receive individual therapy for 14 week period with utilization of modules that include topics such as healthy living, anger management, education, etc.

Latin American Youth Center

1419 Columbia Rd, NW
Washington, DC 20009
Telephone: (202) 319-2225
Website: <http://www.layc-dc.org>

Overview of Services:

- Provides outpatient services and treats co-occurring disorders Monday, Wednesday, and Friday, from 12pm-7pm, and Tuesday and Thursday from 8am-8pm

Mountain Manor

Website: <http://mountainmanor.org/>

Safe Passages Location:

2801 Cheverly Avenue

Cheverly, MD 20785

Telephone: (301) 772-5174

Overview of Services (outpatient):

- Offers day treatment, after school, and Saturday substance abuse and mental health treatment services for adolescents
- Individual, family, and group counseling, tutoring, mentoring, life skills, cultural enrichment activities, community services, anger management therapy, and home/school interventions

Journeys Location:

402 Hungerford Drive

Rockville, MD 20850

Telephone: (301) 424-7961

Overview of Services (outpatient):

- Serves youth ages 14-18 (who are in school), and adults ages 19 and up
- Full array of substance abuse and dual diagnosis treatment
- Bilingual therapists
- Offers a multifaceted program for youth with complex legal, socialization, substance abuse, mental health, family, school, and behavioral issues

Mountain Manor—Westminster Location:

Carroll Plaza, Rt. 140& Englar, Suite 20C

Westminster, MD 21157

Telephone: (410) 876-2425

Overview of Services (outpatient):

- Serves adolescents ages 17 and under, and adults ages 18 and over
- Substance abuse evaluation, assessment, drug education, and drug screening
- Individual, group, and family counseling

Health Quest Location

3800 Frederick Avenue

Baltimore, MD 21229

Telephone: (410) 233-1400

Overview of Services (outpatient and inpatient):

- Serves adolescents ages 13-17 and adults ages 18-25
- Provides a full range of psychiatric evaluation, mental health therapies, and medication management for patients with co-occurring disorders

- Detoxification
- Substance abuse treatment
- Relapse prevention strategies
- No cost transportation for local adolescents and young adults in need

Emmitsburg Rehabilitation

9701 Keysville Road

Emmitsburg, MD 21727

Telephone: (301) 447-2361

Overview of Services (outpatient and inpatient):

- Serves adults 26 and over
- Provides 30 to 60 day residential treatment
- Referred by Court or DBH contract provider. Placement must be approved by DBH.

Psychiatric Institute of Washington

4228 Wisconsin Avenue NW

Washington, DC 20008

Telephone: (202) 885-5600

Website: <http://psychinstitute.com/contact-us/>

Overview of Services:

- Must be 18 years or older
- Provides 3 to 5 day medical substance detoxification
- Referred by Court, DBH Assessment and Referral Center, or DBH contract provider

CSEC Education and Support Resources

Bridge to Freedom Foundation

PO Box 2492

Merrifield, VA 22116

Telephone: (703) 256-5718

Email: info@BTFF.org

Website: <http://bridgetofreedomfoundation.blogspot.com>

Overview of Services:

- Violence Prevention Program:
 - Self-defense training for locally based outreach teams and staff
 - Provides workshops at partner organizations for survivors to introduce them to self-defense
 - Provides scholarships for training in top tier national defense schools such as First Defense Krav Maga
- Personal Development Program:
 - Etiquette and socialization skills
 - Image development and self-esteem building
 - Addressing wardrobe, health, and beauty
- Educational Development Program:
 - Training in:
 - Goal setting
 - Application and scholarship search assistance
 - Cover letter and essay assistance
 - PSAT/SAT/ACT test preparation
- Professional Development:
 - Training in:
 - Goal setting
 - Workplace behavior and etiquette
 - Resume writing techniques
 - Cover letter assistance
 - Job-searching skills

Exodus Project

Telephone: (202) 888-9056

Email: dcexodusproject@gmail.com

Website: <http://www.dcexodusproject.org/home.html>

Overview of Services:

- Enhancing awareness about Human Trafficking:
 - Workshops
 - Discussion forums
 - Ted-talk presentations
- Focus on underdeveloped/underserved communities:
 - At-risk youth
 - Service providers connected with foster care and juvenile justice agencies

FairGirls

Telephone: (202) 264-1501

Hotline: 1 (855) 900-FAIR (3247)

Email: info@fairgirls.org

Website: www.fairgirls.org

Overview of Services:

- Prevention Education Workshops
- Tell Your Friends:
 - 4-module education curriculum taught in public junior and high school, group homes, after-school programs, etc.
 - Uses education to empower women to avoid exploitation and dangerous pimps
- Project Prepare:
 - Program that helps girls aging out of child welfare systems around the globe
 - 16-week curriculum to build resumes, deal with depression, understand sex trafficking and your legal rights, etc.
- Community Training Workshops:
 - Police training on how to recognize a child who has been trafficked
 - Child welfare agency staff training on how to help high-risk and trafficked girls and boys in the social welfare system
 - Foster care placement and foster parent training on how to better understand the risks foster care and orphaned youth face toward trafficking
 - Educator training on how to protect their students from human trafficking, including warning signs and the link between trauma and learning

HIPS

906 H Street NE

Washington, DC 20002

Hotline: 1 (800) 676-HIPS

Telephone: (202) 232-8150 ext. 305

Email: hips@hips.org

Website: www.hips.org

Overview of Services:

- Street outreach and education
- Peer education
- Client advocacy
- Community education
- Clothing Closet
- HIV testing
- Referrals for counseling and other services

Resources for Survivors of Sexual Assault/Abuse

Alexandria Sexual Assault Center

Business: (703) 683-7273

Hotline: (703) 683-7273

Website: alexandriava.gov/sexualviolence

Overview of Services:

- Medical/SANE Accompaniment
- Individual Counseling
- Group Counseling/Support Groups
- Legal/Criminal Justice System Advocacy
- Crime Victim Assistance Advocacy
- Hotline
- Casework/Practical Assistance
- Emergency Shelter: for sexual and domestic violence victims
- Community Education: Sexual Violence Prevention Education

Arlington County Violence Intervention Program

Hotline: (703) 237-0881

Business: (703) 228-1550

Hotline: (703) 228-4848

Website: <https://health.arlingtonva.us/behavioral-healthcare-archived/domestic-violence/>

Overview of Services:

- Individual counseling in English and Spanish
- Provides information, support, and education
- Crisis intervention:
 - Safety planning
 - Hospital accompaniment to the Inova Fairfax Hospital, makes sure that they are appropriately connected to a Sexual Assault Nurse Examiner
- Provides information on obtaining protective orders
- Prevention/counseling programs that explore topics such as: defining the elements of both a healthy and an abusive relationship; discussing the differences between healthy sexuality and the use of force, coercion, and intimidation; examining the messages we receive from our environment and looking at how we can help one another and keep ourselves safe.

DC Rape Crisis Center

1625 K St. NW, Suite 700

Washington, DC 20006

Telephone: (202) 232-0789

Hotline: (202) 333-RAPE

Website: www.dcrcc.org

Overview of Services:

- Provides services for adults 18 years of age and older:
 - Somatic Experiencing Therapy (SE)
 - Trauma Focused Cognitive Behavioral Therapy (TF-CBT)
 - Skilled therapists trained to work with complex trauma
 - Refers children to Safe Shores for mental health assessments
- Group Therapy:
 - Rape Survivors Group
 - Women of Color Survivors Group
 - Male Survivors Support Group
 - LGBTQ Survivors Group
 - Healing from Trauma Group
 - Clean and Sober Support Group
 - Movement Group (Yoga, dance, stretching, etc.)
 - Mindfulness Group

Hope Works (Howard County Maryland's Sexual Assault and Domestic Violence Center)

5457 Twin Knolls Road, Suite 310

Columbia, MD 21045

Business: (410) 997-0304

Hotline: 1 (800) 752-0191

Website: <http://www.wearehopeworks.org/>

Overview of Services:

- Individual and group counseling for children and adults
- Hospital accompaniment
- Emergency shelter
- Transitional housing
- Civil legal services:
 - Brief advice
 - Information and referrals
 - Representation and consultation in peace and protective orders
 - Crime victims' rights
 - Consultation and accompaniment with survivors in criminal cases
- Youth Leadership Project:
 - Open to girls, trans and gender non-conforming teens ages 14-18. Must have written parental/guardian consent
 - Discussion topics:

- Healthy relationships
- Self-management and self-care
- Social constructions of femininity, healthy masculinity
- Healthy sexuality
- Safe use of technology
- Bystander intervention

National Sexual Assault Hotline- RAINN

Hotline: 1 (800) 656-HOPE (4673)

Website: <https://www.rainn.org/>

Overview of Services:

- Professional education
- Casework/Practical Assistance
- Safety planning
- Alcohol safety
- Hotline
- Individual Counseling
- Group Counseling/Support Groups
- Legal/Criminal Justice System Advocacy
- Crime Victim Assistance Advocacy
- Community Education

The Women's Center

1025 Vermont Avenue, NW, Suite 310

Washington, DC 20005

Telephone: (202) 293-4580

Website: <http://thewomenscenter.org/>

Overview of Services:

- Those seeking services from The Women's Center must be a survivor of sexual assault, a resident of the District, and 18 years old or older.
- Group and individual therapy focused on adults (18+) who experienced sexual assault during childhood or adolescence. Individual therapy is a prerequisite for joining a group
- Therapy for survivors of domestic violence
- Individual therapy for survivors of emotional abuse
- A mixed adult group for women and men focused on developing skills to manage stress and anger, change lifestyle patterns, examine interpersonal relationships, and develop communication skills such as expressing thoughts and feelings.

Victim Assistance & Sexual Assault Program

1301 Piccard Drive, Suite 4100

Rockville, MD 20850

Business: (240) 777-1355

Hotline: (240) 777-4247

Website: vasap.org

Overview of Services:

- Offers counseling services specific to survivors of trafficking
- 24-hour hotline and walk-in crisis counseling
- Individual counseling
- Group counseling:
 - Adult sexual assault support group (must be over 18 years of age at the time of the assault)
 - Stress Management Group for adult victims of crime
 - Child and Adolescent group offered at VASAP and select Montgomery County Public Schools (must be 18 years of age or younger)
- Psychiatric evaluation, treatment, and consultation
- Assistance with applying to the Maryland Criminal Injuries Compensation Board and the Montgomery County Crime Victims' Compensation Fund
- Educational programming on victim's rights

Physical Health Services

Children's National Medical Center at THEARC

1901 Mississippi Avenue, SE

Washington DC 20020

Telephone: (202) 436-3060

Website: <https://childrensnational.org/choose-childrens/locations-and-directions/primary-care-practices/childrens-health-center-at-thearc>

Overview of Services:

- Comprehensive health, medical, psychological, & legal services to youth up until age 23
- Help given regardless of insurance or inability to pay

Community of Family Health and Birth Center

801 17th Street, NE

Washington, DC 20002

Telephone: (202) 398-5520

Website: <https://www.communityofhopedc.org/fhbc>

Overview of Services:

- Physicals, immunizations, and urgent visits
- Chronic disease management
- Pediatric care
- Prenatal care
- Pregnancy support groups
- Pre and postnatal emotional support
- Birthing services either at a local hospital or the birth center
- Breastfeeding support and education
- Behavioral healthcare
- Family planning counseling and services
- Confidential HIV/AIDS and STI testing and treatment
- Nutrition and wellness counseling
- WIC and other social services

Community of Hope Marie Reed Health Center

2155 Champlain Street, NW

Washington, DC 20009

Telephone: (202) 540-9857

Website: <https://www.communityofhopedc.org/healthcare/marie-reed-health-center>

Overview of Services:

- Teen Clinic every Tuesday 3pm-7pm – need ID (school ID accepted)
- Physicals, immunizations, and urgent visits
- Chronic disease management
- Pediatric care
- Prenatal care and pregnancy support groups
- Birthing services either at a local hospital or in their birth center
- Breastfeeding support and education
- Family planning counseling and services
- STI screening
- Nutrition and wellness counseling
- WIC and other social service referrals
- Well-vision exams and other ophthalmology services
- Podiatry

Mary's Center

2333 Ontario Road, NW

Washington, D.C. 20009

Telephone: (202) 483-8196

Website: <http://www.maryscenter.org/>

3912 Georgia Avenue, NW

Washington, DC 20011

Telephone: (202) 483-8196

Hours of Operation: Saturdays

To schedule an appointment: 1 (844) 796-2797

Overview of Services:

- Offers medical and behavioral health services in addition to an afterschool program, case management services, summer job program, and peer educators program
- Charges patients on a sliding scale

Network for Victim Recovery of D.C.

6856 Eastern Avenue NW

Telephone: (202) 742.1727

Email contact: info@nvrdc.org

Website: <http://www.nvrdc.org/>

Overview of Services:

- Clients must be 18 years or older
- Use a shared-leadership model for service provision
- Offers support groups for victims of crime at the Wendt Center for Loss and Healing
- Will assist client in going to the hospital for a medical examination after a sexual assault and receives case management services

Teen and Young Adult Health Center

1515 West North Avenue

Baltimore, MD 21217

Telephone: (410) 396-0185

Email Contact: bchd2@baltimorecity.gov

Hours of Operation:

- Monday: 9:30 AM – 5:30 PM
- Tuesday: 11:00 AM – 7:00 PM
- Wednesday: 10:00 AM – 6:00 PM
- Thursday: 11:00 AM – 7:00 PM
- Friday: 9:00 AM – 5:00 PM

Website: <https://health.baltimorecity.gov/node/223>

Overview of Services:

- Routine gynecological exams, MMR immunizations
- HIV testing/counseling, STD screening/treatment
- Pregnancy tests and referrals, birth control
- Individual and group family counseling and health
- Mental health screening and referrals
- Special programs for young men
- Birth control

Youth Services, Whitman-Walker Health

651 Pennsylvania Avenue, SE

Washington, DC 20003

Telephone: (202) 543-8246

Website: <https://www.whitman-walker.org/youth-services>

Overview of Services:

- Serves youth and young adults ages 13-24
- Open Monday through Friday from 11:00 am-7:00pm (11:00am -6:00 pm on the second Friday of the month)
- Sexual health information
- Free condoms, STI testing, and pregnancy testing
- Connection to the REALTalk DC program

Additional Reading

- **Confronting Commercial Sexual Exploitation and Sex Trafficking of Minors in the United States: A Guide for the Health Care Sector** (Institute of Medicine/National Research Council Report, 2014): <https://www.nap.edu/read/18886/chapter/1>

Educational Advocacy in CSEC Cases

Common Educational Issues for Youth Who Have Been Commercially Sexually Exploited

- Falling behind at school or with credits due to exploitation, hospitalization, and/or detention
- Changing schools or school programs due to treatment – including changing between school programs in other jurisdictions where the requirements may be different
- Not being/feeling safe in school, or in the neighborhood of their school, due to risks of further exploitation, or where a child's history is known by peers or staff
- Not receiving counseling or other support services they need to access their education after they have been exploited
- Not receiving consistent services because of time spent out of school due to abscondences, hospitalization or detention

Can Children Who Have Experienced CSEC Receive School-Based Services?

- **YES**
- Children who have experienced CSEC and been diagnosed with PTSD, Anxiety Disorder or another mental health impairment may be eligible to receive services under an IEP or 504 Plan
- Services can include:
 - Counseling
 - Extra help in classes and a plan for making up missed work
 - Accommodations around possible triggers (e.g., extra time to transition between classes if crowds in the hall or the school bell is a trigger),
 - Placement in a specialized therapeutic school if the child cannot access their education in a large setting.
- Under the Individuals with Disabilities Education Improvement Act, youth are entitled to the services they need to address their disability, even if the disability is new (e.g., if a child returns from a long abscondence, and it is documented that they need all these services, the school must provide those services).

Other than Advocating for Services, How Can I Help A Child Who Has Experienced CSEC at School?

- Maintain a current copy of their transcript and schedule, and advocate for opportunities to make up schoolwork
- Where appropriate, notify school personnel about the child's needs and your concerns about CSEC, especially where the school may pose a safety risk (e.g., where you suspect the child is being trafficked near school, or where the school has suspended or sent the child home without notifying an adult)
- Consider requesting a meeting with the youth's school to:
 - Provide the school with information about trafficking, where appropriate, and best practices for response,
 - Develop a safety plan for the child, including:
 - How school staff will respond if the child attempts to leave school during the school day,

- Whom the school will notify if the child does not show up for school, or leaves school during the day,
 - Restrictions or specialized supervision of internet and phone usage in school,
- Where appropriate, offer school personnel resources about CSEC
 - **Sex Trafficking of Minors: What Schools Need to Know to Recognize and Respond to the Trafficking of Students** (National Center for Homeless Education at SERVE, 2014)
 - <https://nche.ed.gov/downloads/briefs/trafficking.pdf>
 - **Teen Sex Trafficking and Sexual Exploitations: A Training Tool for School Educators and Administrators** (Arizona State University School of Social Work)
 - <https://socialwork.asu.edu/sites/default/files/school%20educators%20and%20school%20admin%20brochure.pdf>
 - **Commercial Sexual Exploitation of Children and the School Nurse** (Journal of School Nursing, 2012)
 - <http://jsn.sagepub.com/content/early/2012/05/24/1059840512448402>
 - **Human Trafficking in America's Schools** (US Department of Education, Office of Safe and Healthy Students, 2015)
 - <https://safesupportivelearning.ed.gov/sites/default/files/HumanTraffickinginAmericasSchools.pdf>
 - **Human Trafficking 101 for School Administrators and Staff** (Blue Campaign)
 - <https://www.dhs.gov/sites/default/files/publications/blue-campaign/Blue%20Campaign%20-%20Human%20Trafficking%20101%20for%20School%20Administrators%20and%20Staff.pdf>
 - **Human Trafficking of Children in the United States: A Fact Sheet for Schools** (US Department of Education, 2007)
 - <https://www2.ed.gov/about/offices/list/osdfs/factsheet.pdf>
 - **Commercial Sexual Exploitation of Children School Protocol Guide** (US Department of Education, 2016)
 - <https://static1.squarespace.com/static/56199160e4b01fb24a214b74/t/57e2550a20099e1414de5ea7/1474450701434/CSEC+School+Protocol+Guide+-+2016.pdf>

Dos and Don'ts for Educational Advocacy for CSEC Youth

- **DON'T** assume anything, but particularly don't assume anyone else is monitoring a child's progress towards their diploma – especially if the child is highly mobile!
- **DON'T** assume a child is unable to complete school work because they are hospitalized.
- **DO** consider requesting evaluations that assess a child's educational needs if they have been exploited. Their needs may change dramatically and require more intensive services. It is critical to request evaluations if a child does not have an IEP, but is in a residential treatment facility – as you will need them to make sure the child receives services when they return home.
- **DO** use school meetings, where appropriate, as an opportunity to train school staff on the best ways to respond to and address a youth's needs.
- **DO** request and provide copies of the youth's transcript and course schedule any time the youth changes school programs.
- **DO** comprehensively assess school safety as part of your advocacy and case plan. Consider whether or not the school leaves the child vulnerable for further exploitation, contains traumatic reminders, and whether or not the child's peers have learned about their history. Even if the child does not need a move for school-based services, they may need to change schools for social reasons.

Placement and Housing Resources

Casa Ruby

2822 Georgia Avenue, NW

Washington, DC 20001

Telephone: (202) 355-5155

Website: <http://casaruby.org/>

Overview of Services:

- Limited capacity housing for LGBTQ survivors of sexual abuse and trafficking ages 18-24
- Offers emergency housing referrals

Covenant House

2001 Mississippi Avenue, SE

Washington, DC 20020

Telephone: (202) 610-9600

Website: www.covenanthousedc.org

Overview of Services:

- Serving youth experiencing homelessness ages 18-24
- Does not offer separate housing for survivors
- Transitional and supportive living apartments:
 - Rights of Passage I & II offers long term housing for youth ages 19-24, as well as post-secondary education, job training, GED prep courses, as well as other courses on financial literacy, food wellness, and organization.
 - The Supportive Housing Program offer a 5-year housing program for youth with disabilities.
- Emergency housing:
 - The Safe Haven program provides emergency housing for youth ages 18-24.
 - Offers a flexible 90 day program designed to help homeless youth get off the streets.
 - Elizabeth House offers emergency housing for pregnant and parenting teens ages 12-18. The program offers parenting classes, with a mission to reunify the teen back with a safe and stable parent or relative.
- Job preparedness/job training:
 - Workforce development training and job placement
 - Provides a wardrobe of work-appropriate clothing
- Prevention services:
 - Case management
 - Makes referrals to other organizations for therapeutic services
- Child care

Fair Girls

2100 M Street, NW, Suite 170-254

Washington, DC 20037

Telephone: (202) 520-9777

Hotline: 1 (855) 900-3247

Website: www.fairgirls.org

Overview of Services:

- 'Vida Home' provides safe housing for young survivors of sex and labor trafficking ages 18-26.
- Serves up to 9 young adult women at a time who may stay up to 90 days
- Provides 24 hour care including access to counseling and support groups, personal growth and leadership training, meals and basic necessities, access to safe transportation to and from work, school, and their drop-in center

Homestretch

303 South Maple Avenue, Suite 400

Falls Church, VA 22046

Telephone: (703) 237-2035

Website: www.homestretch-inc.org

Overview of Services:

- Provides safe, anonymous housing to families of domestic violence and human trafficking victims
- Must be referred by a VA social services center
- Provides wide array of case management services for adults, teens, and children revolving around education, life skills, employment, and other issues that address homelessness

House of Ruth

5 Thomas Circle, NW

Washington, DC 20005

Telephone: (202) 667-7001 ext.320

Website: www.houseofruth.org

Email: intake@houseofruth.org

Overview of Services:

- No emergency housing available
- Clients must be over age 18
- 10 housing programs throughout DC
- Housing for single women and families:
 - Single Women:
 - First enter through Madison Program for assessment and counseling
 - Transition into housing services until they're ready to leave
 - Families:
 - First enter through Domestic Violence Support Counseling Center
 - Transition into housing services when able

Loving Arms

3313 Oakfield Avenue

Gwynn Park, MD 21207

Telephone: (443) 415-1174

Website: <http://lovingarmsinc.com>

Overview of Services:

- Street-based education and outreach
- Access to emergency shelter
- Survival aid
- Individual assessments
- Treatment and counseling
- Prevention and education activities
- Information and referrals
- Crisis intervention
- Follow-up support
- Connection to community services
- Basic needs supplies

Sasha Bruce Youthwork

741 8th Street, SE

Washington, DC 20003

Hotline: (202) 547-7777

Telephone: (202) 675-9340

Website: <http://sashabruce.org/>

Overview of Services:

- 2 shelters (one for youth ages 11-17)
- 2 independent living programs (one for parenting teen mothers)
- Transitional Living Program
- Transitional Housing Program
- Permanent Housing Program
- 2 Drop –In Centers
- Housing options for males and females ages 11-24
- Case management
- Counselor accompanied transportation to shelter
- Youth development programs
- Mentoring and tutoring
- Health education, prevention, and treatment

The Wanda Alston House

Email: info@wandaalstonhouse.org

Website: <http://www.wandaalstonhouse.org/>

Overview of Services:

- Pre independent living and support services to homeless or at risk, gay, lesbian, bisexual, transgender, and questioning youth ages 16-24

Youth for Tomorrow's Girls on a Journey

11835 Hazel Circle Drive

Bristow, VA 20136

Telephone: (703) 368-7995

Hotline: 1 (877) 983-5437

Website: www.youthfortomorrow.org/Girls-On-A-Journey-Program

Overview of Services:

- Residential trauma specific treatment
- Women ages 12-20
- Independent Living and self-reliance training
- Therapeutic behavior management program
- Psycho-educational groups: anger management, social skills, stress management, communication skills
- Medical treatment
- Substance abuse education and counseling
- Tailored individual and family counseling
- Weekly priorities and goals review through Individual Service Plans
- Community-based support for workplace development skills

Legal Services

Amara Legal Center

P.O. Box 15255

Washington, DC 20003

Phone: (240) 257-6492

Website: <http://www.amaralegal.org/>

Overview of Services:

- Free legal services to domestic survivors of the commercial sex industry, including assistance with custody cases, obtaining public benefits, expunging criminal records, advocacy in criminal cases, name changes, discrimination claims, and obtaining civil protection orders
- Will represent adolescents
- To coordinate at Eastern Market location, call (240) 257-6492
- The intake line is open Monday through Friday from 9:00am to 5:00pm. Leave a voicemail at (240) 257-6492 and you will receive a call back
- Intakes are conducted at HIPS (906 H Street, NE) from 1:30pm to 5:30pm on the 2nd and 4th Tuesdays of the month
- Intakes are also conducted at Wanda Alston for Wanda Alston participants.

Asian Pacific American Legal Resource Center

1627 K Street, NW, Suite 610

Washington, DC 20006

Phone: (202) 393-3572

- Main ext.: 22
- Chinese: Ext. 18
- Hindi/Urdu: Ext. 19
- Vietnamese: Ext 20
- Korean: Ext. 21

Fax: (202) 315-0375

Email: helpline@apalrc.org

Website: <http://www.apalrc.org/>

Overview of Services:

- By establishing the Multilingual Legal Helpline and the Legal Interpreter Project, the APALRC utilizes the bilingual resources in the Asian American community in Metro-D.C. area to provide a linguistic and cultural bridge between the client community and legal services. APALRC has staff attorneys who work on a variety of matters as well as a legal helpline to connect callers to services
- Eligibility:
 - Follows federal regulations, clients need to be at 150% below the poverty line, although this number could vary depending on the services required
 - Works with clients in DC, MD, and VA

Ayuda

DC Office:

6925 B Willow Street, NW

Washington, DC 20012

Phone: (202) 387-4848 (legal)

1-888-737-7888 (Human Trafficking Resource Center)

VA Office:

2701 Prosperity Ave, Suite 300

Fairfax, VA 22031

Phone: (703) 444-7009

Website: <http://ayuda.com>

Overview of Services:

- Legal Services, including:
 - Immigration consultation
 - Civil Protection Orders
 - Custody, Divorce and related matters
 - Civil Contempt
 - Child Support
- Legal Eligibility:
 - Foreign born
 - Low income (300% of the poverty guideline)
 - Victim/Survivor of domestic violence, sexual assault and/or stalking
 - D.C. resident or abuse occurred in D.C.
 - Maryland matters are eligible for an intake, consultation, and referrals only
- Comprehensive case management services, including:
 - Assistance with emergency and transitional housing
 - Obtaining food and clothing
 - Providing referrals for medical and mental health care
 - Assistance with enrolling in English language, GED, and computer courses, as well as job training programs
 - Offers a separate children's program for child immigrants
- Case Management Eligibility:
 - Identifies as a survivor of human trafficking
 - Foreign born
 - Low income
 - Resident of DC, MD, VA

Boat People SOS

6066 Leesburg Pike, Suite 100

Falls Church, VA 22041

Phone: (703) 538-2190

Website: <https://www.bpsos.org/>

Overview of Services:

- BPSOS responds to the needs of individuals, families, and communities both in America and abroad
- Provide services regarding human trafficking, domestic violence and youth services
- Eligibility: will take all immigrants or those seeking to emigrate

Domestic Violence Center of Howard County (renamed to HopeWorks)

9770 Patuxent Woods Drive, Suite 300

Columbia, MD 21046

Helpline: 410-997-2272 or 1-800-752-0191

Website: <http://www.wearehopeworks.org/>

Overview of Services:

- Provides services to women, men, and children impacted by sexual assault and domestic violence
- 24-hour helpline
- Residential services
- Counseling
- Advocacy
- Legal assistance
- Eligibility:
 - Fees are based on income (no one is ever turned away because of an inability to pay)
 - Survivors of intimate partner violence, sexual assault, and human trafficking only
 - Howard County clients only (may take an outside case under special circumstances)

Legal Services of Northern Virginia

4080 Chain Bridge Road, First Floor

Fairfax, Virginia 22030

Phone: (703) 778-6800; Toll-free (866) 534-5243 (open Monday – Thursday 9:30 am to 12:30 PM and 1:30pm to 3:30 pm)

Email: help@lsnv.org

Website: <http://www.lsnv.org/>

Overview of Services:

- Provides services regarding consumer law, elder law, family law, housing law, public benefits, and child advocacy/education law
- Staff and volunteers provide legal advice, brief services, and representation in administrative hearings and in court
- Monthly bankruptcy/debtors' rights clinic

- Eligibility:
 - Must reside in Arlington County, Alexandria, Falls Church, Leesburg, Manassas, Manassas Park, Fairfax County, Loudoun County, Prince William County, Herndon, or Vienna
 - Must be screened by an attorney on staff
 - Must be at or below 200% of federal poverty guidelines

Network for Victim Recovery of D.C.

6856 Eastern Avenue, NW

Washington, DC 20012

Telephone: 1 (800) 641.4028 (number for DC Forensic Nurse Exams)
(202) 742.1727

Email contact: info@nvrdc.org

Website: <http://www.nvrdc.org/>

Overview of Services:

- Civil legal services for educational/administrative hearings regarding victimization on colleges and universities
- Walk-in legal clinics – open on the second Wednesday of the month from 12-2pm
- Advocacy in criminal trials and help with legal rights under the Crime Victims’ Rights Act

Tahirih Justice Center

National and DC Office:

6402 Arlington Blvd, Suite 300

Falls Church, VA 22042

Telephone: (571) 282-6161 (Intake hours: Monday-Friday 9:30am to 5:00pm)

Email: greaterdc@tahirih.org

Baltimore Office:

201 North Charles Street, Suite 290

Baltimore, MD 21201

Phone: (410) 999-1900 (Intake hours: Tuesdays from 10am-2pm)

Email: baltimore@tahirih.org

Website: www.tahirih.org

Overview of Services:

- Legal advocacy on a pro bono basis for immigrant trafficking victims
- Serves women and girls
- Helps with obtaining U and T visas, as well as Special Immigrant Juvenile Status for trafficking victims
- Strengths-based perspective for treatment model for service provision
- Clients must be immigrants from another country
- Social service referrals and case management services

Virginia Poverty Law Center

919 East Main Street, Suite 610
Richmond, VA 23219

Telephone: (804) 782-9430 (ext 204 is for Susheela Varky, the DV and SA attorney. Her email:
susheela@vplc.org)

Website: <http://www.vplc.org/>

Overview of Services:

- The domestic and sexual violence attorney at VPLC addresses the legal needs of victims of domestic or intimate partner violence through training, technical assistance, legal aid, and direct legal representation in limited situations
- Staff includes private attorneys, advocates, and other service providers

Women's Law Center of Maryland

305 West Chesapeake Ave, Suite 201
Towson, MD 21204

DV-related immigration legal assistance: 410-396-3294

Representation in protective order hearings (DV): 410-783-0377 (Baltimore City) or 410-887-3162 (Baltimore County); 410-386-2440 (Carroll County)

Other inquiries: 410-321-8761

Website: <http://www.wlcmd.org/>

Overview of Services:

- Provides legal representation for survivors of human trafficking
- Eligibility:
 - Hotlines and the DV-related immigration legal assistance program are statewide (MD only)
 - Representation in protective order hearings and family law issues
 - Clients must reside in Baltimore or Carroll County
 - No income guidelines

Additional Reading

- **Confronting Commercial Sexual Exploitation and Sex Trafficking of Minors in the United States: A Guide for the Legal Sector** (Institute of Medicine/National Research Council Report, 2014): <https://www.nap.edu/read/18969/chapter/1>